

INFORMATION ON BLESSED WATERS

Blessed Waters have an energy frequency similar to a homeopathic, and they're used the same way. Blessed Waters are energetic in nature. They help the body change energetic patterns that are not serving it well. They operate on a "like cures like" modality, so when looking for a Homeopathic, you need to match the symptoms you are experiencing with the Remedy most like it. A Blessed Water (Homeopathic) is like a flagman on the highway. It calls attention to symptoms. The Remedy goes into the body saying "I'm looking for these symptoms, and when I find them, I'm going to tell the body that THIS is what you're supposed to be working on. (Like a nudge in the right direction.) The body then says "Oh, I see that now," and starts to fix that problem. PAY ATTENTION!! When your symptoms change, you will stop taking that particular remedy. If you don't stop taking the remedy, then your body gets confused and thinks it needs to CREATE those symptoms and you will get sicker. This is called "proving" the remedy. Basically, this means that when your energy system could no longer find the symptoms you fooled it by giving it that particular remedy, and it created them for you. (You must pay attention.) A good source to learn about Blessed Waters is the book Homeopathic Remedies sold by Butterfly Express.

WHEN DO I NEED A BLESSED WATER?

I personally like to lay some solid groundwork before I get carried away with Blessed Waters. If your diet needs tweaking, if your sleep habits need adjusting, if your methods of handling stress need to be improved—these are things YOU HAVE CONTROL OVER and you should be responsibly helping the body to have as good a chance to fix its problems this way first. However, sometimes even after our best efforts to create healthy habits, the body seems to be stuck in a rut and needs an energetic nudge. This is where Blessed Waters come in. Being energetic, Blessed Waters are used to help a person recover from serious illnesses and chronic conditions. They are, truly, the "BIG GUNS" of alternative modalities.

CHOOSING A BLESSED WATER

Remember, Blessed Waters operate on a "Like cures Like" modality. Remedies need to be matched as closely as possible to the Symptoms. The Homeopathic Remedies 2 book can be very helpful when choosing remedies. It lists many combinations for many different ailments. The book also explains which singles make up those combinations and what their talents are. This is a good way to become acquainted with some basic remedies. You can also google: "Homeopathic remedy for" and the internet will give you numerous suggestions. Take the time to study them carefully.

DOSEAGE #1

Since Blessed Waters are energetic in nature, it doesn't really matter how much or how little you get, but for practical purposes and clarity, 5-10 drops are sufficient. The easiest way to take a Blessed Water is to have a small glass or dixie cup, put a few tablespoons of water in it (one swallow of water) and add 5-10 drops of the Remedy to it. Swish it around a little and then swallow it down. The glass then gets washed. It is not to be set aside or inadvertently shared with any other family members (lest they get a dose too!) The dixie cup can be crushed and discarded.

DOSEAGE #2 HOW OFTEN TO TAKE

Muscle testing is very valuable here for determining how often to take a blessed water or homeopathic. For more information see our blog on muscle testing. Blessed Waters are graded into potencies. A low potency Remedy, like a flower essence, gem essence, or combination, can be taken “as needed.” These potencies range from 6X to 15X and there’s no danger of “proving” the remedy or overdosing. Remember these remedies are energetic and are gentle in their directions to the body. (Think of a hug—encouragement—you can do this.)

A higher potency, such as 30C means that instead of a gentle nudge, the wakeup call is more insistent. (Think of your mother firmly telling you to get your chores done.) You’ll want to take these remedies no more than twice a day for few days and then take a break.

A still higher potency, such as 200C means that the wakeup call is getting even more insistent. (Think of a policeman pulling you over on the highway.) It’s a stronger command—and you’ll want to take that once a day for a few days and then take a break.

There are higher potencies still. Butterfly Express does not sell these higher potencies (as a general rule) But if you have taken a homeopathic class, or understand energy, you can “move” the energy of that particular dose to whatever potency is beneficial. **BE VERY CAREFUL. YOU NEED TO UNDERSTAND WHAT YOU ARE DOING.** Butterfly Express takes no responsibility for your misuse of Blessed Waters.